



# South Central District Health

*Keeping your family & community healthy*  
**1020 Washington Street North \* Twin Falls, ID 83301**  
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December 21, 2006

## **PRESS RELEASE – For Immediate Release**

Contact: Tami Pearson, Health Education Specialist, 737-5945  
Jeanette Charters, Smoking Cessation Instructor, 308-5613

### **District Health and St. Luke's Offer New Year's Resolution Help to Tobacco Users**

Tobacco users, get ready to keep your New Year's resolution to stop smoking!

South Central District Health, along with St. Luke's MVRMC, will offer the American Cancer Society's "Fresh Start" program to help adults quit using tobacco. This FREE six-class session will be held on Mondays and Thursdays starting Jan. 11, 2007, and continuing through Jan. 29. Classes will be held in the St. Luke's MVRMC Education Building Sunflower Room, located at 595 Addison Ave. West. Registration for the class can be made by calling Jeanette Charters, smoking cessation instructor, at 308-5613 or Tami Pearson, Tobacco Program Coordinator, at 737-5945.

The "Fresh Start" program is specifically designed for those who are tired of their addiction. It builds skills and knowledge to help reduce and eventually end tobacco use. Participants will learn skills to communicate better, handle stress, make decisions, set goals, eat healthy, and exercise.

Smoking is the single most preventable cause of death in the United States. More than 440,000 people die every year in United States from using tobacco products. Space is limited in the free class so participants are urged to register early.

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